

Sometimes we have an argument or fight with our friends but is that bullying?

Remember...



Several
Times IS
On BULLYING
Purpose

This leaflet was created with the help of the school council.

Are you being Bullied?

You **MUST** ...

Start

Telling

Other

People



Don't suffer in silence.

Our school principles:

- * Respect for God
- * Respect for other people
- * Respect for other people's property
- * Respect for yourself
- * Respect, honesty and trust



Beating Bullying



What is Bullying?

There are different kinds ...

Physical –

hitting, kicking, taking belongings.



Cyber—sending unkind text messages by phone or on the internet.



Verbal— name calling, insults, racist remarks.



Indirect—threatening, spreading nasty stories, not letting someone join in with playing games etc



What can I do?

- * **Tell** a teacher, an assistant or dinner lady
- * **Tell** your parents or whoever looks after you
- * **Tell** an adult you trust
- * **Tell** a friend or someone on the school council

There are lots of people who will want to help you.

Don't suffer in silence

Other ways of getting help

Call **Bullybusters** on 0800 169 6928 or visit their website www.bullybusters.org.uk

Or call **Childline** on 0800 11 11

You can call both these numbers for free

What I shouldn't do



- * Keep things to myself.
- * Get angry or panic.
- * Respond or be unkind back
- * Never blame yourself.